

# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

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Lance Cpl. Ryan Trevino

Helicopter Antisubmarine Squadron Light 37 Easy Riders' setter Tiffany Pluntke puts the ball back over the net as Provost Marshal's Office player Michael Hevener tries to block her during a game Friday, here at the Semper Fit Center. PMO lost the game and fell to 0-5 for the season

## Easy Riders answer Blackberries' call

**Lance Cpl. Ryan Trevino**  
*Combat Correspondent*

Helicopter Antisubmarine Squadron Light 37 Easy Riders continue to build their winning streak for this year's season of intramural volleyball action after demolishing the Provost Marshal's Office Blackberries in a match Friday, here at the Semper Fit Center.

The Easy Riders are undefeated and in first place in the standings with an overall record of 7-0, while the Blackberries remain winless at 0-5.

The Riders swept the Blackberries in a best of three game matchup. They easily conquered their opponents in the first game, winning by a margin of 8 points. There would be no third and deciding game, because the Riders sent the underdogs home packing after squeaking by them in a hard-fought second game, 25-21.

The match was for the Riders' taking from the very first serve. Led by the set-spike combination of setter Tiffany Pluntke and Chris Watkins, the HSL-37 dominating force on the net, the Riders established themselves early in the game

and never let up.

"Everyone came together and won," said Watkins, whose spikes seemed to increase in velocity as the match progressed.

He added that the game wasn't even one of the team's best, due to the fact that one of the Riders' players was out injured and another didn't show up until the second game of Friday's matchup.

Obvious to everyone watching the game, Watkins said his team's strong point is its players' ability to get up above the net and spike the ball. According Watkins, this is just the beginning of what his team is capable of accomplishing. He said that his team gets stronger and stronger with each game they play and that a championship title is in his crosshairs.

"We will, no doubt, win it all," said Watkins. "As long as we stick together like we have been doing so far."

With the Blackberries dropping another crucial game in their season, hopes still remain high among the players. Michael Hevener, PMO, said he believes his squad continues to grow stronger with each game they play. They have been

able to learn from their past mistakes that have produced their, so far, winless season.

"We are not making silly mistakes anymore," said Hevener. "Like grabbing the net and carries."

He added that his team tries to stick to the fundamentals of the game and rely upon the bump-set-spike formula that can prove the most successful playing the sport competitively.

For those unfamiliar with the format of a volleyball game, the organization goes as follows: The first two games of a best of three game matchup is known as rally point games, which basically means that it doesn't matter who serves the ball when earning points. For example, if one team serves the ball over the net and the opposing team returns it and it hits the ground, the team who didn't serve gets the point in addition to getting a chance to serve. The third and final game, if it comes down to it, is a little different. Only the team serving the ball can earn points. Catch more intramural volleyball action at the Semper Fit Center every Monday, Wednesday and Friday starting at 6:30 p.m.

## BayFest '06 ready to rock

**Edward Hanlon V**  
*MCCS Marketing*

Oahu's largest Fourth of July concert and fireworks festival is now five days long. Marine Corps Base Hawaii, Kaneohe Bay, opens its gates to the public from June 30 to July 4 for the 17th annual McKenna Motors BayFest.

From national musical headliners to local legends, the five-night concert lineup is the main attraction. Reflecting Hawaii's multicultural tastes, BayFest's main stage will include Juvenile, Willie K, Chris Cagle, Staind, Trick Pony, Molly Hatchet and .38 Special.

Last year, more than 48,000 people landed on the active helicopter pad that serves as the BayFest platform. This year promises an even greater attendance with events and festivities to suit

all interests. Family fun includes Fernandez Events Carnival rides, military displays including Amphibious Assault Vehicles, helicopters and more; the "build-your-own boat" Bathtub Regatta; BayFest BodySearch; AAA Hawaii Exotic Car Show; McKenna Motors New Car Show; and more.

The top cap off each evening, the world famous Grucci Brothers fireworks shows will illuminate the windward skies, culminating with the largest July 4th show on the island.

McKenna Motors BayFest is an annual event organized by Marine Corps Community Services. Proceeds enhance the quality of life for the Marines, Sailors and family members stationed aboard Marine Corps Base Hawaii.

For more information log onto: [www.bayfesthawaii.com](http://www.bayfesthawaii.com)



Sgt. Joseph A. Lee

Fireworks explode in the sky over Kaneohe Bay during BayFest 2005.



Lance Cpl. Roger L. Nelson

Tiki Island Park, located aboard Marine Corps Base Hawaii, Kaneohe Bay, has been under construction since early March. The grand opening is scheduled for July 29.

## Tiki Island Park close to completion

**Lance Cpl. Roger L. Nelson**  
*Combat Correspondent*

In early March, plans to build a park were put into play in order to provide those who work and live aboard Marine Corps Base Hawaii, Kaneohe Bay with a place for families to have a good time.

The contractor for the park, Water Ventures, started construction on what is to be "Tiki Island Park," located next to Kaneohe Klipper's Golf Course in March and is scheduled to have the grand opening July 29.

"The park will have two 18-hole

miniature golf courses, a pond with eight bumper boats with squirt guns installed on them, and six batting cages," said Kristen H. Hagen, business operations specialist, here.

"We wanted to give family members a place to hang out and to provide them with a place where they can do leisure activities."

After its completion, the total cost to build the park will be \$1.4 million.

The park will be open from Monday to Friday from 3 p.m. until 9 p.m. and on Saturdays, Sundays and holidays from 10 a.m. until 10 p.m. After Sept. 4, the park will be closed on Mondays

and Tuesdays.

"All personnel here, their dependents, and anyone else who has access to the base will be able to use the park," said Hagen.

According to Hagen, the cost to utilize the different areas at the park is still under discussion.

"I'm really excited about the park being built," said Blaire Corbett, a military dependent. "My husband plays golf all the time but I can't, so I figure miniature golf will give me a chance to beat him."

For more information about Tiki Island Park call 254-7638.



# Sports Briefs

## June 21

### SNCO Golf Tournament

Swing into the summer with Subaru and the Marine Corps Community Services Staff Noncommissioned Officer's Club at the SNCO Golf Tournament, June 21 at the Kaneohe Klipper Golf Course. Pick up an entry form at the Klipper Golf Course or SNCO club. Entry fees are \$43 for Club members and \$55 for all other participants. The tournament is open to all Staff NCOs.

Call 254-5592 for more information.

## June 30 to July 4

### Register for BayFest Sporting Events

Participants interested in the BayFest BodySearch or Bathtub Regatta are now invited to register online. Both events are free and open to the public. Visit the Bayfest Web site for further details about these fun sporting events at [www.bayfesthawaii.com](http://www.bayfesthawaii.com).

## Ongoing

### Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and weight control, Semper Fit Center offers free personal training consultation.

They will do all this and tailor a program, based on your physical needs and ambitions. For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency.

Call Semper Fit Center at 257-7597 to schedule an appointment.

### Semper Fit Center Offers Array of Aerobics

The MCCS Semper Fit Center announces a new and expanded aerobics program. These new classes now being offered include a variety of workouts.

Call 254-7597 for more information on the various classes now offered.

### Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the MCB Hawaii Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers. Avoiding the traffic and crowd of Oahu's South Shore, Bill Collectors charters fish off the uncrowded waters of windward Oahu.

Call the Base Marina to charter the Bill Collector at 257-7667 or 254-7666.

### Parents for Fitness

This cooperative babysitting effort is available at the Semper Fit Center for children 6 weeks and older.

All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month.

Call 291-9131 for more information.

### Massage Therapy

Massage therapy, by certified massage therapists, is available at Kaneohe Bay and Camp Smith. Massage therapy will help relieve your mental and physical fatigue and improve overall circulation and body tone. Choose from Shiatsu, Swedish, Lomi, deep-tissue and even hot-rock therapy.

Call 254-7597 or Camp Smith at 477-5197 for appointments.

### Okinawa Kenpo Karate

Every Tuesday and Thursday, join MCCS Youth Activities' contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Building 1391, located behind the old 7-Day Store.

Call 254-7610 for information.

### Paintball Hawaii

Nestled behind the Lemon Lot is Paintball Hawaii. Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open on weekends from 9 a.m. to 5 p.m.

Call 265-4283 for Friday appointments.

### Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase are available by reservation from dawn to dusk for picnics and parties. Hale Koa Beach may be reserved for overnight camping.

Reservations are required. Call 254-7666 for Kaneohe or 477-5143 for Camp Smith for more information.

### K-Bay Lanes

Economical entertainment, Mondays through Thursdays, at the K-Bay Lanes where all E-1 to E-5 can receive free rental shoes and discounted games at only \$1.50.

Call K-Bay Lanes at 254-7693 for more information.

### Color Pin Special

Every Wednesday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win! Call the K-Bay Lanes at 254-7693 for more information.

# Therapeutic massage is for everyone

### Kelli Kirwan

LIFELines

You know how you feel when someone gives you a good shoulder rub? Those shivers that run up and down your arms and back and over your head? That's pent-up energy being freed from your tension-clogged muscles and joints. In these stress-filled times, getting your energy flowing can only be a good thing.

Whether you're a Sailor or Marine, a military spouse, or the child of a military member, you've got pressures and stresses that

civilians can't imagine. Massage helps your body function better.

Many aches and pains are from poor circulation of blood and lymph, as well as stress you hold in your body, in part due to hectic lifestyles — ask any family member of a deployed Sailor or Marine. Younger children and teens can be constantly anxious when a parent is deployed. They not only worry about their parent, they also have to deal with school and peer pressures. This can result in headaches, stomachaches, other pains and fatigue.

Massage therapy can find the

areas where you hold stress and improve circulation to those areas. This helps loosen joints and provides greater range of motion, as well as some emotional relaxation. Massage can help heal injuries and can improve the health of your skin. Sailors and Marines can benefit from regular massage to help them physically handle the rigors of military service, and massage can help their spouses deal with the rigors of a military marriage.

### Massage During Pregnancy

During pregnancy a woman's body goes through extraordinary changes. Massage not only improves emotional well-being, but can help with some of the aches, pains, fatigue, muscle cramps, morning sickness, and swelling (known as edema).

If you're pregnant, first discuss with your doctor whether massage is right for you because there are some pregnancies where massage is not recommended. Having your partner learn a few massage techniques can help him feel more involved with the pregnancy. This is especially important if your service member is often gone due to military duty.

### Babies and Massage

Infant massage is a wonderful way to spend one-on-one time with your child. It can help your baby through teething, colic, constipation, and emotional stress. Dads and moms can be involved with comforting and bonding with their baby through massage.

Some researchers believe that

massage can help babies develop neurologically and physically by reducing stress and promoting better muscle tone and blood flow. Parents are better able to catch potential health problems with their child if they use regular massage. With health-care providers changing constantly due to deployment and transfers, military parents are their children's first line of defense for good health.

### Geriatric Massage

Massage for the elderly helps improve circulation, lymph flow, socialization, and overall emotional well-being. As with massage during pregnancy, you should always talk with your doctor first, because some conditions may be aggravated by massage. As we age we might encounter arthritis, joint pain, frail skin, and other problems, including depression. Regular massage won't cure all, but can help ease pain, release muscle tension, lower blood pressure, and relieve anxiety.

Many base gyms provide access to massage therapists at reasonable rates. The Navy and Marine Corps recognize the benefits of massage for Sailors and Marines. Call the Semper Fit Center 254-7597 for more information.

Explore whether massage is right for you and your family. Taking time to reduce the effects of stress may help prevent illness later on. The military is a challenging life at times. Massage can be one more way to help you live a long and happy life.

See story on B-1 for Marine Corps Base Hawaii, Kaneohe Bays massage therapists' schedules.



File photo

# Navy Exchange monitors sales of cough medicine

### Petty Officer 3rd Class Heather Weaver

National Naval Medical Center Public Affairs

Navy Exchanges are monitoring sales of cough and cold medicine containing dexamethorphan due to an increased awareness of the new "robotripping" trend among teens and young adults.

Navy Exchange Service Command's Chief Merchandising Officer Tess Paquette said patrons who look 18 or younger will have to show identification to purchase the products.

"The Navy Exchange is always looking for ways to help its Navy family," Paquette said. "By restricting the sales of these types of products, we're helping to keep our families safe and healthy."

Nearly 10 percent of U.S. teens and young adults have used cough medicine to get high,

according to the Partnership for a Drug Free America.

Dexamethorphan is a synthetically produced substance that's chemically related to codeine. Slang terms referring to dexamethorphan highs are "robotripping," "skittling" and "dexing."

"Dexamethorphan at high doses allows users to feel high, dizzy and so on," said Eric Schuetz, a certified specialist at the Maryland Poison Center. "But what they don't realize is they can also experience vomiting, become agitated and hallucinate. (That) in turn is a hindrance to their character development."

Cough medicines containing dexamethorphan usually contain other pain relievers. The National Drug Intelligence Center warns that large dosages of acetaminophen can cause liver damage. Large dosages of chlorpheniramine can increase heart rate,

cause lack of coordination, seizures and coma. Large dosages of guaifenesin can cause vomiting.

Doctors at the National Naval Medical Center said the Navy is moving in the right direction in limiting the sales, but parents and leaders must also be aware of drug use signs and symptoms

"This is an important first step the Navy and the rest of the country should take," said Army Lt. Col. Jeffrey Hutchinson, Bethesda's Adolescent Medicine department head. "The best thing to do is be aware...the Navy and all (other) services have programs designed to help individuals who use drugs or abuse them."

The center reports the Drug Enforcement Administration is monitoring dexamethorphan abuses and may add it to the Controlled Substance Act.

# Healthy grilling tips for Father's Day

### Elizabeth Story

Nutrition Intervention and Wellness Branch  
Tripler Army Medical Center

Have you already picked out that great gift for dad and invited the family and friends over for a day of grilling and fun?

Here are some tips to prepare great tasting and healthy foods.

In Hawaii, it may seem like summertime and grilling time most of the year.

Not only do you get to enjoy being outdoors and in the fresh air, but also there is nutritional benefit to grilling.

Grilling meat can be a lower fat cooking method since it allows extra fat to drain during the cooking process. Make better choices by starting out with a leaner cut of meat such as a three-ounce portion of a top round steak, chicken or fish.

Now that you have selected the entrée for your meal, what side dishes are you going to have? Instead of the traditional side dishes such as macaroni salad, potato salad, or creamy coleslaw, which can be loaded with fat from mayonnaise, try a modified recipe utilizing reduced calorie may-

onnaise or better yet, mustard, which has no fat or substitute a tossed salad and beware of hidden fats in croutons and salad dressings.

Another idea is to increase the servings of fruits and vegetables. Hawaii has an abundant variety of fruits and vegetables available at local farmer's markets and commissaries. The USDA MyPyramid recommends that a person requiring 2,000 calories daily include two cups of fruits and two cups of vegetables as part of their meal plan each day.

Boost the flavor at meals and increase your intake of fruit and vegetables by grilling. Baste firm vegetables like peppers, corn, eggplant or onions, use healthier oils such as olive or canola, season with herbs and place on a hot grill until tender.

Fruit kabobs with a mixture of pineapple, strawberries, papaya or any type of fruit that you enjoy cooked on low heat may be a special treat too.

According to the American Institute for Cancer Research, [www.aicr.org](http://www.aicr.org), in the traditional American plate, the meat takes up most of the plate space and the side items take



File photo

up a smaller percentage.

The AICR recommends cutting back on the meat portion — three ounces — and to have The New American Plate that is composed of 2/3 or more of vegetables, fruits, whole grains and beans. The remaining 1/3 or less of the plate should be items such as fish, poultry, meat and low fat dairy products.

After you and your family have enjoyed the new American plate, don't forget the activity. The new USDA MyPyramid considers part of a healthy lifestyle is not only eating healthy, but also being physically active.

What does that mean to you? It could be a brisk walk on the beach, throwing the Frisbee, playing golf with Dad,

a softball game, or surfing — anything that you enjoy and gets your moving.

Don't forget to drink water and low-calorie beverages to keep you hydrated throughout the day.

This Father's day give Dad some good advice that he can use not only on one special day, but also throughout the year.

If you are interested in further information on nutrition education topics, the Tripler Army Medical Center Nutrition Intervention and Wellness Clinic provides a variety of classes on topics to include diabetes, cardiovascular health, weight management, and individual appointments with a Registered Dietitian.



# Coronas net victory in soccer tournament

**Lance Cpl. Scott M. Biscuiti**  
*MCB Camp Butler*

**CAMP COURTNEY, OKINAWA, Japan** – The determination of Arsenal wasn't enough to eclipse the raw talent of the Coronas during the final game of the 2006 Head Shot Soccer Tournament May 26-27 on Camp Courtney.

Arsenal and the Coronas were among three teams who battled during the two-day, water-logged event. Tafari was eliminated first.

The Coronas' forward Justin Caudell scored the first goal of the day helping his team defeat Arsenal 5-3 during the first game of the double-elimination tournament.

"We really didn't know what was gonna happen because we've lost a lot of players to deployments and (permanent change of station)," said Oscar Fuentes, the Coronas coach.

The sun had set and the sky was black when Tafari took the field to battle the Coronas.

Although the Coronas were on fire, they couldn't do anything about a power loss that shut down the lights on the field. The game was rescheduled for the following day.

During the next day's game, the Coronas controlled the pace, but Tafari refused to be blown out. Tafari goalkeeper Reynoldo Campus let two goals in while the Coronas' keeper Jose Coleman allowed just one, helping his team with a 2-1 victory.

The next game pitted the two defeated teams, Tafari and Arsenal, in a battle that would decide who would advance to play the Coronas in the championship game.

It was only fitting that the game was awash

pouring rain.

"The weather definitely affected both teams," said Selvin Mejia, Arsenal's coach. "It slows down game play and makes you work harder."

Arsenal midfielders, Daniel Dominique and Joshua Bukulu, tried to move the ball into scoring position. Tafari's Carlos Lainez sprinted the ball to an ideal location.

In the end, both teams put away one goal each to have their fate decided by a penalty shootout.

A great performance by Arsenal's shooters and goalkeeper, Bret Pettijohn, guaranteed the win and another shot at the Coronas.

Caudell made two goals early in the second match against Arsenal. The lead didn't last long. Arsenal poured on the pressure after half-time, scoring three goals. Alain Behrens and Victor Aguayo scored one and two goals respectively.

The Coronas' Carlos Canez put in a goal before the game ended, sending both teams to a penalty shootout.

The shootout started with both Arsenal and the Coronas missing the mark. Arsenal didn't miss again, and clenched its first victory against the Coronas.

"We were thinking about revenge," Mejia said about the Arsenal victory. "This was the first time we beat Tafari or (the) Coronas. We were very pleased with that."

But the tournament was not over. It was double elimination and both teams were tied at one loss each.

In the first 45 seconds of the last game, the Coronas were already on the board with a goal

by Canez. The Coronas continued to eclipse Arsenal with two more goals, delivered by Ryan Halcovich.

Arsenal whispered back with two goals, but soon after the Coronas Caudell put two of his own in.

During the final moments of the game, Fuentes blasted in a goal for a 7-2 lead. Mejia scored the last goal of the game, ending it 7-3.

"Every time we play the Coronas, it gets physical and more competitive," Mejia said. "We take it personal playing them."

The Coronas exude confidence as their coach says he looks forward to the next tournament.

"We've only lost two or three tournaments in the past three years," Fuentes said. "We're going to come play as a team and we're going to win."



Lance Cpl. Scott M. Biscuiti

**Arsenal's Victor Aguayo dives for an unsuccessful save May 27 during a penalty shootout at the 2006 Head Shot Soccer Tournament on Camp Courtney.**

# Marine walks away with 20/20 vision after blast

**Cpl. Daniel J. Redding**  
*1st Marine Logistics Group*

**CAMP FALLUJAH, Iraq** – “If I wasn't wearing those big grandpa glasses, I probably would have gotten messed up pretty bad,” said the Marine, his bruised and healing right eye a stark reminder of the improvised explosive device attack he recently endured.

Lance Cpl. Timothy A. Harvey spotted something suspicious in front of his Humvee as he manned the machine gunner's position for the lead vehicle in his convoy. It was well past midnight when suddenly a bright, white light was all he could see as he was violently whipped back in his turret.

A partially-buried IED, the preferred method for attacking Marines here, had been triggered and exploded sending hot shrapnel and debris towards the 21-year-old Colusa, Calif. native.

There was no time for reaction as his body rocked back and forth slamming into the metal turret that protected his body from the blast.

“I thought I was dead,” said Harvey as he recounted the events of that night.



Cpl. Daniel J. Redding

**While he and his fellow Marines provided security for a recent convoy in the Al Anbar Province just outside the city of Fallujah, Lance Cpl. Timothy A. Harvey, a machine gunner with Security Company, Combat Logistics Battalion 5, was injured in an improvised explosive device attack. He walked away with minimal injuries; a few pieces of shrapnel are being expelled from his right eye socket by his body's natural recovery system. Harvey, a 21-year-old native of Colusa, Calif., and the rest of Security Company have performed hundreds of missions since arriving here earlier this year, as CLB 5 serves a vital role of logistical support in the region.**

Harvey said he knew he had survived when he settled back onto his weapon underneath him after getting bounced around.

He didn't know the injuries he had suffered as his convoy pressed on to a

spot where they could assess the damage.

He was worried he had lost an eye. Wearing black gloves and engulfed in the darkness of the early morning hours, Harvey couldn't see the blood

that ran from his face. He would later learn how close he was to losing his sight.

“I kind of feel like a test dummy,” said Harvey. “The blast went off right next to my face, and I made it through with 20/20 vision.”

Harvey walked away with a badly bruised face and some shrapnel lodged just under is eye – his protective ballistic glasses saved his sight.

Harvey sees his experience as a lesson for all Marines who want to complain about the heavy weight of protective gear they are required to wear outside the security of the camp's borders.

“Maybe it is a good idea to wear the protective gear,” Harvey said.

Harvey is back at work after a week of treatment and recovery at various medical facilities. A few pieces of shrapnel are being expelled from his right eye socket by his body's natural recovery system.

“Two days after he got back from Ballad (a medical center in Baghdad), he was back up manning the gun,” said Sgt. Anthony E. Williams, Harvey's squad-leader. “It's a testament to his fortitude, what type of Marine he is, what type of person he is.”

Harvey and his fellow squad members are part of Security Company, Combat Logistics Battalion 5, and are responsible for supporting convoy operations and other missions in and around Fallujah. Their mission is providing protection to Marine convoys as they travel the dangerous roads of the region.

The unit has protected 400-plus convoys and other missions since it arrived in Iraq three months ago. Harvey has missed only one convoy while he was in Ballad receiving medical treatment.

Harvey is a leader for his fellow Marines not only in his ability as a machine gunner, but his overall reputation as a Marine, said Williams, a 23-year-old native of Tuscan, Ariz.

He has pride in the work he and his fellow Marines do as they protect convoy after convoy.

“We do a good job of keeping people safe,” said Harvey.

Every time he heads outside of Camp Fallujah, there is an uncomfortable feeling for Harvey until the convoy has been successfully completed, he said.

“An insurgent attack can happen at any moment,” he said, “especially in this region.”



# Child obesity is an increasing problem

**Charles Downey**  
*Military OneSource*

Obesity in children is a growing problem. By addressing the problem early on, parents and caretakers may be able to avert subsequent social, emotional and health problems.

Near Baton Rouge, La., a 6-year-old first-grade boy tipped the scales at 95 pounds. His ideal weight was no more than 50 pounds. He felt isolated and was always dead last in gym class, school sports and games.

Eventually, his physician referred him to the Committed to Kids Pediatric Weight Management program at Louisiana State University in New Orleans. His first prescription slip read: "Play outside twice a week for 20 minutes."

Walking, bicycling, in-line skating, or other common childhood pastimes could satisfy the prescription. At the beginning, it was tough for him to huff and puff through those 20 minutes. However, he soon worked up to aerobic exercises and other physical activity five times a week for 45 minutes. He, along with his family, also discovered better nutrition habits and reduced his weight to 67.5 pounds in a year. But the big plus for him was constantly placing first in sports at school.

## The Expansion of America's Kids

American children are getting fatter, and obesity seems to increase with age. An American Academy of Pediatrics study found that while 1 to 3 year olds were rarely obese, by 4 and 5, obesity occurred in 10 percent. Overall, one in five American children under age 12 are 20 percent or more over their ideal weight, according to the Centers for Disease Control and Prevention in Atlanta, Ga.

Experts say childhood obesity is partly caused by children who are home alone after school and can snack on whatever they want, as often as they want. Additionally, more and more children have become couch potatoes who routinely log six hours a day watching television, videos, and spending time on the computer. AAP's conclusion?

Start healthful eating habits and physical activity early on to prevent school-age children from becoming overweight.

## Getting Kids Moving

Activity is the single most important factor in preventing and treating childhood obesity. Children need to be active, not just to burn calories, but to establish patterns of physical fitness that will last into healthy adulthood.

"We don't tell our young patients they must give up TV," said Uwe Blecker, MD, medical director of the weight loss clinic and associate professor of pediatrics at Louisiana State University. "Just reduce their TV time to three hours daily. Or, we ask them to ride a stationary bike or walk on a treadmill while watching television."

## Fighting Fat with Food

Nancy A. Schonefeld-Warden, MD, chief of general pediatrics at the University of California, Davis, Medical Center in Davis, California observes that: "A diet for significantly obese children should include five to eight servings of grains, five to six ounces of lean meat, three servings of vegetables, three to four pieces of fruit, two to three glasses of skim milk, and no more than three to five teaspoons of fat."

Dr. Schonefeld-Warden correctly observes that fat intake plays a role in childhood obesity. Studies show that most children in the U.S. have a diet in which calories from fat account for 40 to 45 percent of the daily total. A cheeseburger with fries, for example, contains as much fat as the maximum that a healthy child should eat in two days! But the body doesn't care where calories come from when it stores excess food intake as fat. Soft drinks, candy, starches, milk, juices, and fruits all contain large amounts of simple carbohydrates which contribute to excess calorie intake just as much as do fats.

## What Happens to Heavy Children When They Grow Up?

Heavy children risk more



File photo

**Christopher Holba kick flips over a set of stairs at the Hickam Singapore Skateboard Hangar. Young children are encouraged to participate in outdoor activities for at least 20 minutes a day to promote wellness.**

widespread health complaints. These include the development of diabetes, hypertension, atherosclerosis, and skeletal problems in the hips and legs.

Additionally, studies reveal that portly children usually grow into overweight teens and adults. Each stage then brings its own health and social complications. But when an overweight child learns to reduce and maintain his weight through good nutrition and exercise, the loss is

more likely to be permanent into young adulthood.

## A Family Matter

"One of the primary causes of childhood obesity among our patients is because families no longer sit down daily for dinner at a fixed time," said Dr. William Klish, head of pediatric nutrition at Baylor College of Medicine and Texas Children's Hospital in Houston. "Instead, children eat in front of the TV, after

'grazing' all afternoon. But when everybody sits down for dinner every night, fewer and healthier calories are consumed. Also, today's children just don't play outside very much."

Families eat less when they eat together because they talk. That slows down the speed of eating, giving the stomach's fullness signals a chance to work. Even small amounts of food will start sending satiety signals to the brain after about 20 minutes.

## Simple Changes

Ideal loss for an overweight child is no more than 1/2 to one pound per week. "In my practice, I've found that a child can often lose unwanted pounds through some very simple changes," said Marilyn Day, a nutritionist at Children's Hospital in Denver, Colo. "Some kids just cut back from whole milk to skim milk or cut out the highly sugared cola drinks and lose weight."

Other researchers found an unexpected source of flab in a study group of 168 children 2 to 5. The culprit? Fruit juice. Researchers found that children who drink at least 12 ounces of fruit juice daily are more likely to be obese. While parents should be aware of a child's overall calorie intake, healthy weight management comes from small changes in food and big changes in activity.

## Tuning In to Natural Instincts

Young children are famous for being fussy eaters. More than one serving of peas or spinach has gone straight from the plate to the dining

room floor. Researchers have recently found that the way a caretaker introduces new or more nutritious foods to young children can backfire if done too forcefully.

A study by Leanne L. Birch, PhD, professor and head of the department of human development and family studies in the College of Health and Human Development at Pennsylvania State University in University Park shows that while Jimmy may turn up his nose the first, second, or even the third time he tries a new food, he may gleefully wolf that same food down the eighth or 10th time the dish is set before him. Patient parents may assist their children in eventually adopting the best eating habits. Dr. Birch also found that when children were not expected to finish all the food on their plate, they were able to effectively use appetite to regulate their own caloric intake. These studies suggest that children's tastes may develop at their own appropriate pace and that children's appetites often reflect their actual needs

"Unfortunately, some well-intentioned mothers are producing effects exactly opposite of what they hope to see," said Dr. Birch. "The struggle for power undermines the child's ability to develop self-control."

So patience and gentle persistence may be the answer for caregivers trying to make vegetables and other unfamiliar but healthy dinner fare more popular with young children. After all, if it leads to better health and an appropriate weight, what are a few servings, more or less, of peas and spinach on your dining room floor?